



Update from Congressman NEIL ABERCROMBIE

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Know the six steps to reducing heart attack risk:

1. Stop smoking.
2. Lower high blood pressure.
3. Reduce high blood cholesterol.
4. Aim for and maintain a healthy weight.
5. Be physically active every day.
6. Manage diabetes.

**Congressional Initiatives
Abercrombie Supports**

H.R. 898, the Stroke Treatment and Ongoing

Dear Friend:

February has been designated American Heart Month, because heart disease remains the nation's leading cause of death among men and women. Stroke is the Number Three killer and both are leading causes of permanent disability.

More than 70 million American adults—one in three—suffer from heart disease, stroke or other cardiovascular diseases. Half of men and 64% of women who die suddenly of a heart attack or another form of coronary heart disease had no previous symptoms of this disease.

Heart disease doesn't only affect men. Many women believe that heart disease is a man's disease, so they don't see it as a serious threat. Every year since 1984, cardiovascular diseases claim the lives of more women than men. The gap between male and female deaths is substantial. Heart disease, stroke and other cardiovascular diseases claim the lives of more than 480,000 women per year in the United States.

I hope the information in this newsletter will help you and your family stay healthy.

Sincerely,

Neil Abercrombie
Member of Congress

If you would like be removed from my *e-neil update* list, please go to my website at <http://www.house.gov/abercrombie/e-neil.shtml> and fill out the unsubscribe portion of the web page.

Prevention Act would help raise public awareness about strokes and prevention; provide critical resources to implement stroke care systems.

H.R. 3005, Pulmonary Hypertension Research Act of 2005 requires the Director of the National Heart, Lung, and Blood Institute to issue grants for the development and operation of centers to conduct research and programs on pulmonary hypertension.

Congressional Heart and Stroke Coalition

The Coalition, of which I am a member, is made up of approximately 200 members of the House and Senate who work to raise awareness of the seriousness of cardiovascular diseases and acts as a resource center on heart

Risk Factors and Warning Signs

Risk Factors

- **High Cholesterol:** Nearly 100 million Americans have high blood cholesterol levels.
- **High Blood Pressure:** Nearly one in three American adults has high blood pressure.
- **Physical Inactivity:** The risk of developing heart disease as a result of physical inactivity is comparable to the risk contributed by high cholesterol, high blood pressure or cigarette smoking.
- **Overweight and Obesity:** An estimated 9.2 million children and adolescents ages 6-19 are considered overweight or obese.
- **Obese adults under** the age of 65 have annual medical expenses 36% higher than those of normal weight.
- **Tobacco Use:** Each year, more than 400,000 Americans die of smoking-related illnesses.

Cardiac arrest strikes immediately and without warning.

Here are the signs:

- Sudden loss of responsiveness. No response to gentle shaking.
- No normal breathing. The victim does not take a normal breath when you check for several seconds.

Heart Attack Warning Signs

Some heart attacks are sudden and intense but most heart attacks start slowly, with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. These signs can mean a heart attack is occurring:

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath:** May occur with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness. For women, symptoms could include shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

The American Stroke Association says these are the warning signs of stroke:

- Sudden numbness or weakness

and stroke issues.

- No signs of circulation. No movement or coughing.

If cardiac arrest occurs, call 9-1-1 and begin CPR immediately. If an automated external defibrillator (AED) is available and someone trained to use it is nearby, ask him or her to help.

of the face, arm or leg, especially on one side of the body.

- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1.

Congressman Neil Abercrombie

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